Mini-Book of Affirmations

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Intro

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Throughout your life journey, you are the one person that is always with yourself. What you feel, think, and speak to yourself matters and affects your daily life. This book is your one-stop-shop for affirmations pertaining to any life circumstance you may face on-the-fly.

Confidence

- - -

I am confident.
I am assertive.
I am decisive.
I am determined.
I am sure.
I am secure.
I am a leader.
I am more than good enough.
I am favored.
I am a decision-maker.
I am autonomous.
I am the driver of my life.
I am focused.
I am worthy.
I am easy-going.
I am fearless.
I am bold.
I am persuasive.
I am worthy of being listened to.
I am trustworthy.
I am believed in.

Depression

– – –

I am thankful.
I am grateful.
I am blessed.
I am good enough.
I am content.
I am happy.
I am decisive.
I am valuable.
I am valued.
I am special.
I am unique.
I am peaceful.
I am healthy emotionally.
I am healthy mentally.
I am healthy physically.
I am healthy spiritually.
I am making progress in life.
I am magnificent.
I am creative.
I am worthy.
I am alive.
I am well.
I am certain.
I am active.
I am productive.
I am resilient.

I am thinking clearly.
I am relaxed.
I am calm.
I am meditative.
I am motivated.

Suicide

– – –

I am invaluable.
I am unique.
I am one of a kind.
I realize all of the reasons I have to live.
I am living my life purposefully.
I am the driver of my life.
I am worth keeping alive.
I am living a life worth living.
I am mentally healthy.
I am emotionally healthy.
I am confident.
I am worthy of life.
I am excited about life.
I am valued.
I am worth it.
I am in love with myself.
I am loved.
I am lovable.
I am valuable.
I am valued.
I am not suicidal.
I am an overcomer.
I am a healthy individual.
I am resilient.
I am joyful.

I am seeking positive help.
I am involved in positive outlets.
I am content.
I am priceless.

Money

- - -

I am financially independent.
I am financially smart.
I am financially secure.
I am financially prepared.
I am financially wise.
I am making money work for me.
I am productive with my money.
I am a smart investor.
I am a consistent saver.
I am blessed financially.
I am experiencing more than enough.
I am financially liberated.
I am debt-free.
I am confident with money.
I am flourishing financially.
I am experiencing abundance.
I am well off financially.
I am money savvy.
I am surrounded by financially wise people.
I am trustworthy with money.
I am a lender.
I am financially confident.
I am financially free.

Health

– – –

I am healthy.
I am mentally healthy.
I am physically healthy.
I am emotionally healthy.
I am sexually healthy.
I am spiritually healthy.
I am physically strong.
I am active.
I am a healthy eater.
I am living a healthy lifestyle.
I am demonstrating how to live healthily.
I am secure in my health.
I am disease-free.
I am going to the doctor regularly.
I am confident in what I put inside my body.
I am valuing my health.
I am taking care of my body.
I am investing in my health.
I am a conscious eater.
I am eating right.
I am a peaceful sleeper.
I am rested.
I am relaxed.
I am calm.
I am stress-free.
I am free of sickness.

I am living my life in abundant health.
I am living my best life now.

Addiction

– – –

I value my life.
I value my family.
I value my friends.
I am valued.
I am loved.
I am loveable.
I am loving.
I am kind.
I am patient.
I am sober.
I am honest.
I am covered with grace.
I am powerful.
I am strong.
I am in control of my actions.
I am in control of my behavior.
I am in control of my habits.
I am emotionally healthy.
I am mentally healthy.
I am spiritually healthy.
I am an overcomer.
I am resilient.
I am secure.
I am independent.
I am capable.
I am free.

I am protected.
I am experiencing freedom.
I am a winner.
I am selfless.
I am determined.
I am wise.
I am favored.

Fun

- - -

I am fun
I am taking responsible risks.
I am free.
I am carefree.
I am stress-free.
I am humorous.
I am funny.
I am loveable.
I am easy-going.
I am enjoyable to be around.
I am likable.
I am entertaining.
I am positively amusing.
I am amiable.
I am joyous.
I am silly.
I am light-hearted.
I am daring.
I am confident.
I am bold.
I am a risk-taker.
I am light.
I am caring.
I am giving.
I am adventurous.
I am spontaneous.

I am creative.

Organization Skills

– – –

I am clean.
I am clutter-free.
I am a minimalist.
I am organized.
I am responsible.
I am living my life in order.
I am taking care of my responsibilities.
I am mindful of my time.
I am productive.
I am structured.
I am neat.
I am tidy.
I am purposeful.
I am fresh.
I am sanitary.
I am clear.
I am lucid.
I am hygienic.

Stress

- - -

I am serene.
I am still.
I am tranquil.
I am relaxed.
I am harmonious.
I am smooth.
I am restful.
I am soothing.
I am organized.
I am patient.
I am forgiving.
I am kind.
I am secure.
I am self-aware.
I am honest.
I am sure of myself.
I am calm.
I am peaceful.
I am stress-free.
I am maintaining healthy boundaries.

Fear

– – –

I am protected.
I am covered with grace.
I am favored.
I am fearless.
I am bold.
I am independent.
I am strong.
I am covered.
I am secure.
I am cared for.
I am courageous.
I am confident.

Intelligence

- - -

I am intelligent.
I am smart.
I am enlightened.
I am sharp.
I am creative.
I am a genius.
I am studious.
I am focused.
I am wise.
I am knowledgeable.
I am brilliant.
I am witty.
I am clever.
I am astute.
I am diligent.
I am sagacious.
I am imaginative.
I am discerning.
I am clear.
I am resourceful.
I am articulate.
I am an excellent communicator.
I am decisive.
I am a quick decision-maker.
I am bright.
I am inventive.

Purpose

- - -

I am living on purpose.
I am making purposeful decisions.
I am living an intentional life.
I am decisive.
I am certain.
I am who I am.
I am good enough.
I am enjoying my life.
I am doing things I want to do.
I am learning who I am.
I am on a positive life journey.
I am focused.
I am happy.
I am content.
I am beautiful the way I am.
I am living each of my days productively.
I am enjoying self-discovery.
I am loving who I am.

Love & Relationships

– – –

I am experiencing true love.
I am experiencing healthy relationships.
I am loving.
I am loveable.
I am loved.
I am in love with my partner.
I am affirming to my partner.
I am giving to myself.
I am giving to my partner.
I am selfless.
I am thoughtful.
I am patient.
I am kind.
I am committed.
I am loyal.
I am faithful.
I am thankful for my partner.

Energy

- - -

I am energized.
I am vibrant.
I am vital.
I am healthy.
I am bright.
I am chipper.
I am quick on my feet.
I am in shape.
I am powerful.
I am strong.
I am energetic.
I am active.
I am dynamic.
I am spirited.
I am light-hearted.
I am enjoying life.
I am refreshed.
I am alive.
I am well.
I am victorious.
I am a ray of sunshine.
I am positive.
I am grateful for all the good in my life.
I am enlightened.
I am new.
I am young.

I am youthful.
I am empowered.
I am loving.
I am fun.
I am enjoyable to be around.
I am magnetic.
I am a ball of energy.
I am fired up.
I am invigorated.
I am rested.
I am lively.

Career & Work

- - -

I am happy with my job.
I am happy with my career.
I am happy at work.
I am stress-free at work.
I am blessed with a fantastic boss.
I am a fast learner.
I am quick on my feet.
I am decisive.
I am intelligent.
I am respected.
I am favored.
I am well-liked.
I am dynamic.
I am focused.
I am secure.
I am energized at work.
I am in the right field.
I am treated kindly at work.
I am in the right position.
I am continually getting promoted.
I am receiving lucrative propositions at work.
I am receiving new opportunities in my career.

Self-Worth

- - -

I am valuable.
I am worthy.
I am confident.
I am more than good enough.
I am loved.
I am loveable.
I am loving.
I am desirable.
I am perfect.
I am likable.
I am a healthy person.
I am not alone.
I am supported.
I am respectable.
I am a great looking person.
I am wanted.
I am heard.
I am visible.

Loneliness

– – –

I am supported.
I am not alone.
I am happy.
I am friendly
I am not abandoned.
I am sociable.
I am accepted.
I am content.
I am in love with myself.
I am cheerful.
I am popular.
I am loved.
I am agreeable.
I am amiable.
I am warm.
I am pleasant.
I am humorous.
I am loving.
I am enjoying time with myself
I am experiencing quality relationships.

Public Speaking

- - -

I am confident.
I am an excellent communicator.
I am bold.
I am secure.
I am interesting.
I am captivating.
I am accepted.
I am skilled at talking to people.
I am articulate.
I am fearless.
I am funny.
I am humorous.
I am well-liked.
I am favored.
I am warm.
I am pleasant.
I am respected.
I am assertive.

Attraction

- - -

I am attractive.
I am beautiful.
I am good-looking.
I am healthy.
I am confident.
I am a looker.
I am fun to look at.
I am handsome/gorgeous.
I am alluring.
I am illuminating.
I am captivating.
I am interesting.
I am fun to be around.
I am light.
I am happy.
I am positive.
I am fun to converse with.

Happiness

- - -

I am happy.
I am delighted with life.
I am warm-hearted.
I am kind.
I am self-less.
I am giving.
I am thoughtful.
I am destined for greatness.
I am positive.
I am optimistic.
I am awesome.
I am amazing.
I am excited.
I am a ray of sunshine.
I am healing to others.
I am warm-light to others.
I am a beautiful spirit.
I am a beautiful soul.

Kindness

- - -

I am kind.
I am giving.
I am a light.
I am helpful.
I am self-less.
I am used in positive ways.
I am generous.
I am hopeful.
I am encouraging.
I am people-oriented.
I am a light.
I am being used in mighty ways.
I am living with purpose.

Empowerment

– – –

I am empowered.
I am strong.
I am assertive.
I am decisive.
I am confident.
I am worthy.
I am deserving of good in my life.
I am intelligent.
I am resilient.
I am wise.
I am sure of myself.
I am independent.
I am healthy mentally.
I am healthy financially.
I am healthy physically.
I am healthy spiritually.
I am healthy sexually.
I am healthy emotionally.
I am blessed.
I am more than good enough.
I am remarkable.
I am one of a kind.
I am bold.
I am patient.
I am lovable.
I am beautiful.

I am favored.
I am attractive.
I am unique.
I am special.
I am creative.
I am valuable.
I am valued.
I am driven.
I am admired.
I am worthy of being listened to.
I am on fire.
I am consistently working on my goals.
I am empowered.

Connect

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